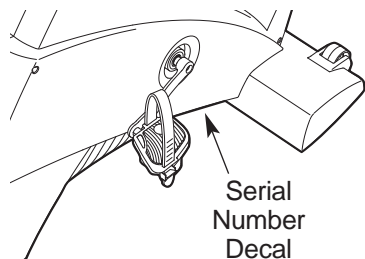


EPIC™ 300 U

Model No. EPEX3905.0

Serial No. _____



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

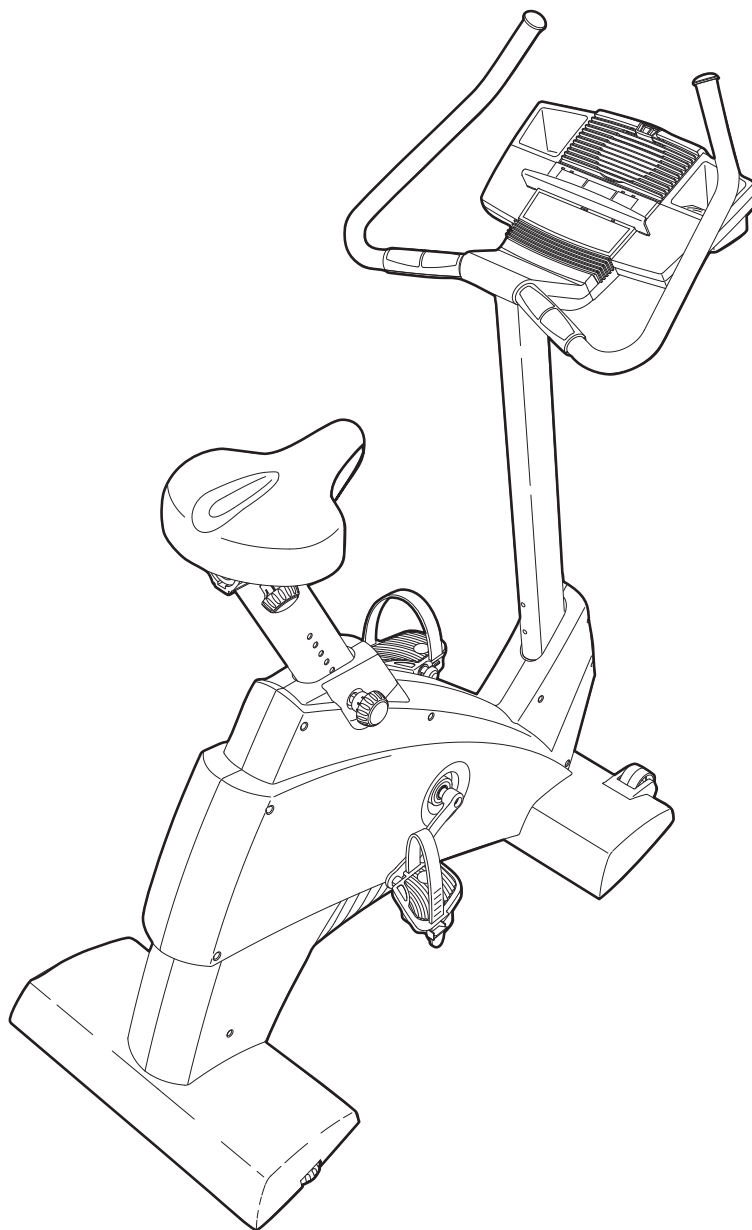
CALL TOLL FREE:

1-866-997-6999

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

www.iconservice.com



CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle.
2. Use the exercise cycle only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
4. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor or carpet. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the exercise cycle at all times.
7. The exercise cycle should not be used by persons weighing more than 250 pounds.
8. Wear suitable clothes when using the exercise cycle; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes.
9. Always keep your back straight when using the exercise cycle. Do not arch your back.
10. If you feel pain or dizziness while exercising, stop immediately and cool down.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. The exercise cycle is intended for in-home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

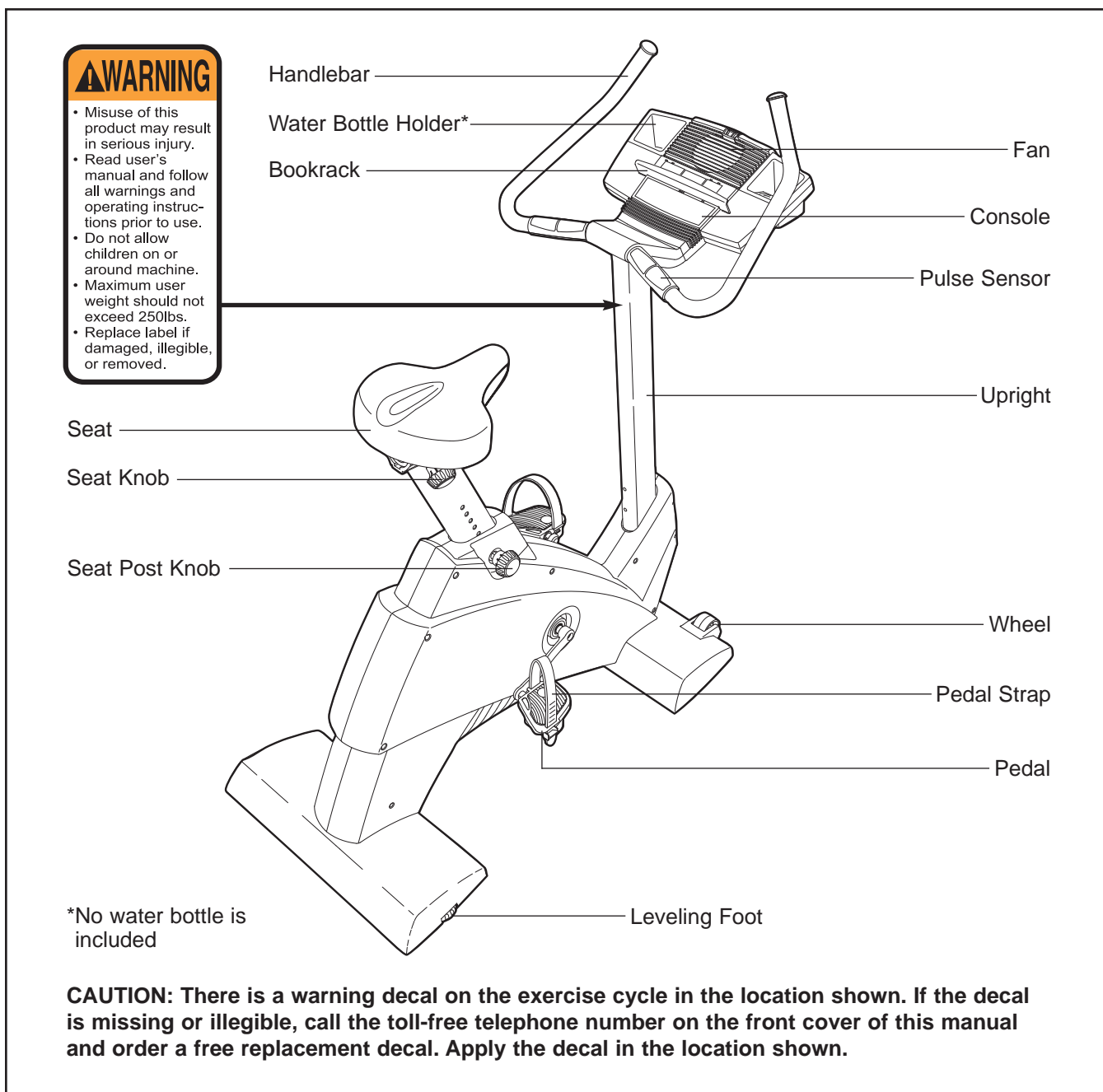
Congratulations for selecting the new EPIC™ 300 U exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The EPIC 300 U exercise cycle offers an impressive array of features designed to let you enjoy this healthful exercise in the comfort and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, see the front cover of this manual. To help us assist you, mention the product

model number and serial number when calling. The model number is EPEX3905.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

To avoid a registration fee for any service needed under warranty, you must register the exercise cycle at www.iconservice.com/registration.


Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



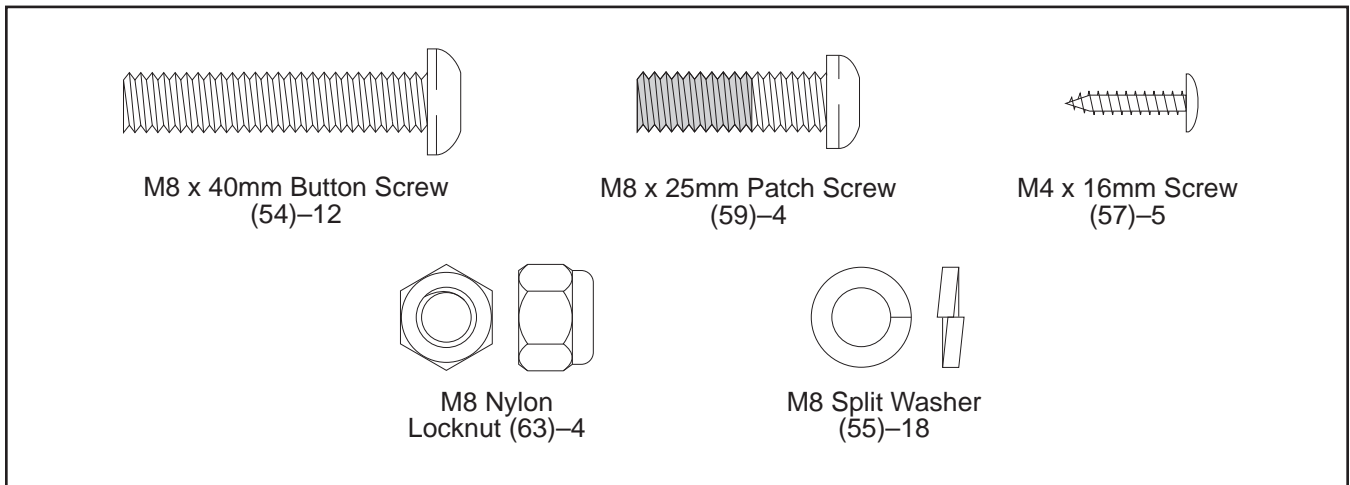
ASSEMBLY

To hire an authorized technician to assemble the exercise cycle, call toll-free 1-800-445-2480.

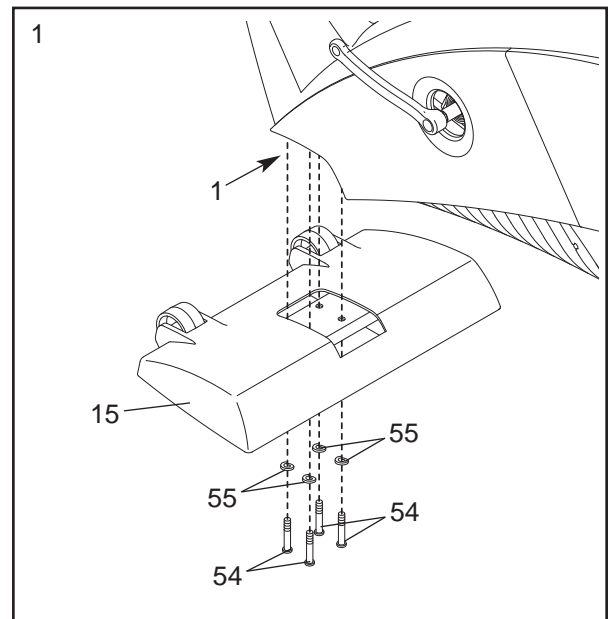
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included tools and your own adjustable wrench .

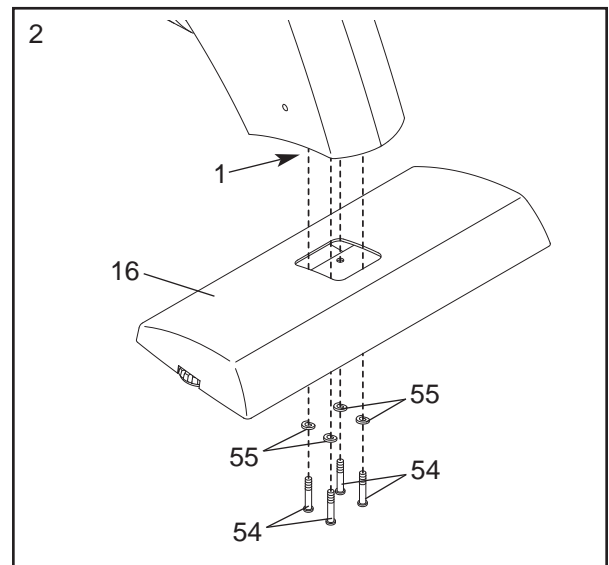
Use the drawings below to identify the small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 18. The number after the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preattached for shipping. If a part is not in the parts bag, check to see if it has been preassembled.**



1. Identify the Front Stabilizer (15). While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with four M8 x 40mm Button Screws (54) and four M8 Split Washers (55).

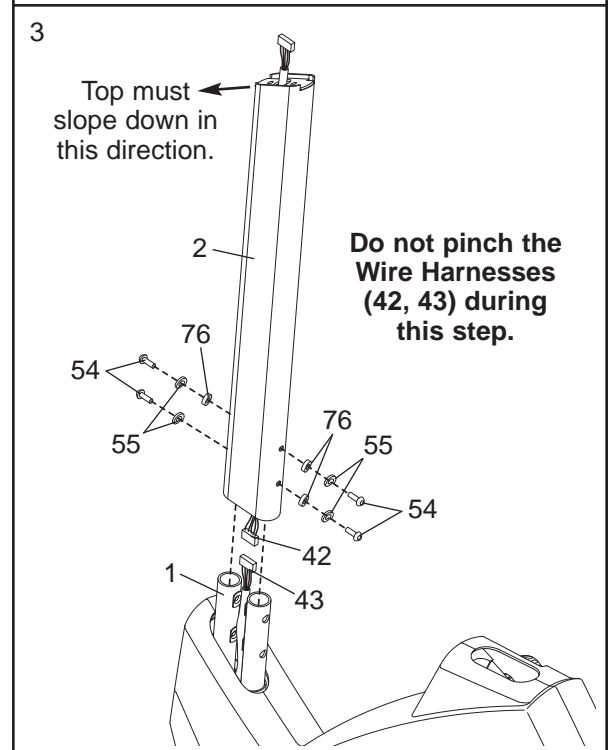


2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (16) to the Frame with four M8 x 40mm Button Screws (54) and four M8 Split Washers (55).

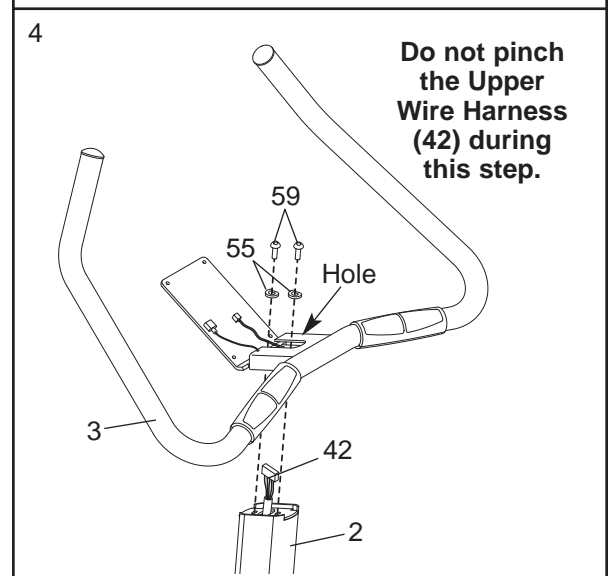


3. While another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (42) to the Lower Wire Harness (43). **Carefully pull the upper end of the Upper Wire Harness to remove the slack from the Wire Harnesses.**

Make sure that the Upright (2) is turned so the top slopes down in the direction shown. Slide the Upright onto the Frame (1). **Be careful to avoid pinching the Wire Harnesses (42, 43).** Attach the Upright with four M8 x 40mm Button Screws (54), four M8 Split Washers (55), and three Upright Spacers (76). **Make sure that the curved sides of the Spacers are facing the Upright.**



4. Hold the Handlebar (3) near the Upright (2). Feed the Upper Wire Harness (42) up through the indicated hole in the Handlebar. Attach the Handlebar to the Upright with two M8 x 25mm Patch Screws (59) and two M8 Split Washers (55). **Be careful to avoid pinching the Upper Wire Harness.**

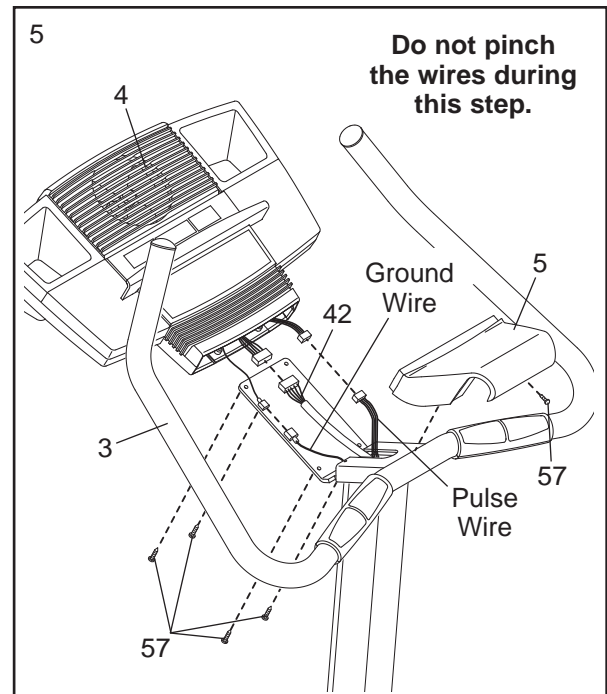


5. Have another person hold the Console (4) near the Handlebar (3).

Connect the Upper Wire Harness (42) to the wire harness on the Console (4). Locate the ground wire that is connected with a screw to the Handlebar (3). Connect the ground wire to the smallest wire on the Console. Next, locate the pulse wire extending from the Handlebar and connect it to the corresponding wire on the Console.

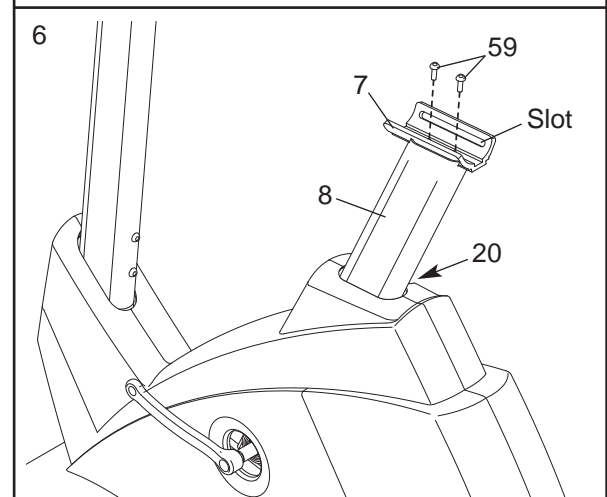
Attach the Handlebar Cover (5) to the Handlebar (3) with an M4 x 16mm Screw (57).

Carefully insert all excess wires into the Console (4). Attach the Console to the metal plate on the Handlebar (3) with four M4 x 16mm Screws (57). **Be careful to avoid pinching the wires.**



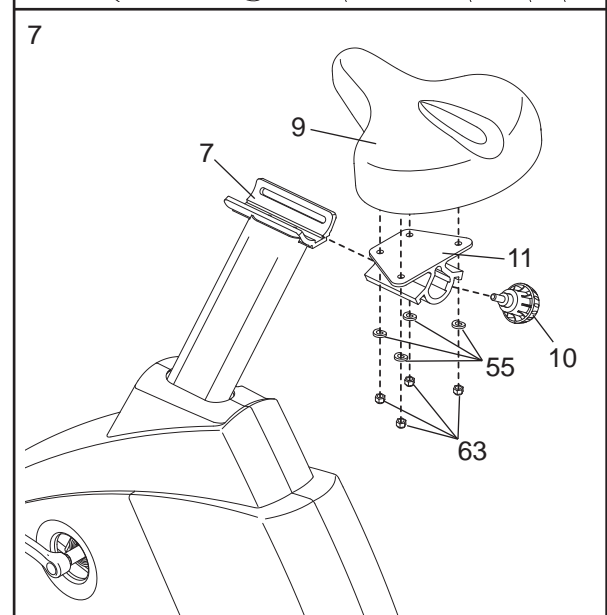
6. Turn the Seat Post Knob (20) counterclockwise two or three turns to loosen it. Next, pull the Knob, raise the Seat Post (8) a few inches, and then release the Knob. **Move the Seat Post up and down slightly until the pin on the Knob snaps into one of the holes in the Seat Post.** Then, turn the Knob clockwise until it is tight.

Attach the Seat Bracket (7) to the Seat Post (8) with two M8 x 25mm Patch Screws (59). **Make sure that the Seat Bracket is oriented so the slot is on the indicated side.**



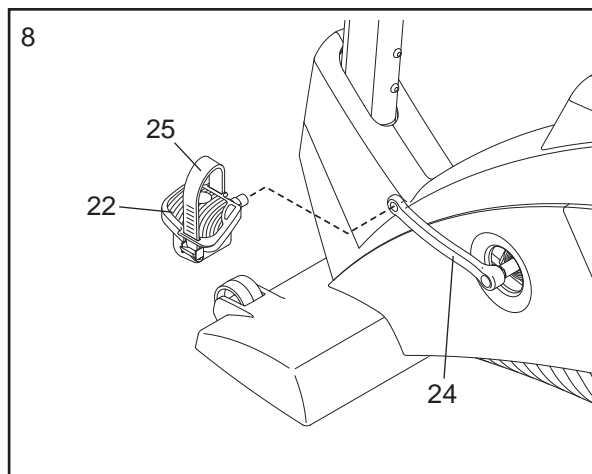
7. Attach the Seat (9) to the Seat Carriage (11) with four M8 Nylon Locknuts (63) and four M8 Split Washers (55). Note: The Nylon Locknuts and Split Washers may be preattached to the underside of the Seat.

Slide the Seat Carriage (11) into the Seat Bracket (7), and move the Seat Carriage to the desired position. Insert the Seat Knob (10) into the slot in the side of the Seat Bracket, and tighten the Seat Knob into the Seat Carriage.



8. Identify the Left Pedal (22), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (24). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm (not shown). **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

Identify the Left Pedal Strap (25), which is marked with an "L." Attach the Left Pedal Strap to the Left Pedal (22), and adjust it to the desired position. Adjust the Right Pedal Strap (not shown) in the same way.



9. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

INSTALLING THE RECEIVER FOR THE OPTIONAL CHEST PULSE SENSOR

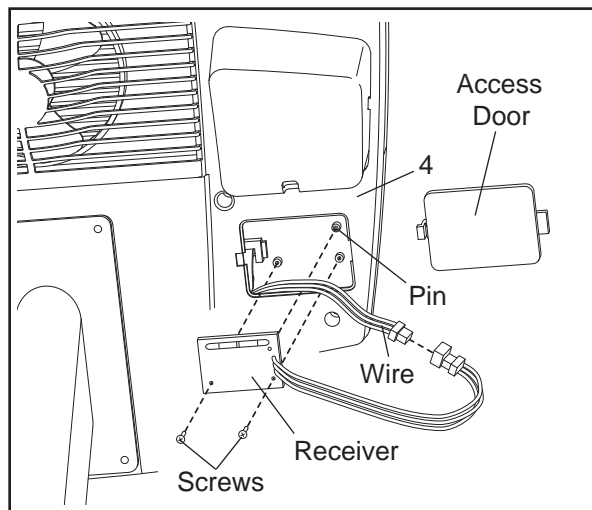
If you purchase the optional chest pulse sensor (see page 9), follow the steps below to install the receiver included with the chest pulse sensor.

Remove the access door from the underside of the Console (4). Note: You may need a small standard screwdriver to remove the access door.

Orient the receiver exactly as shown, and slide it onto the indicated plastic pin on the Console (4). Locate the two small screws included with the chest pulse sensor. Attach the receiver to the Console with the two screws as shown.

Connect the wire on the receiver to the indicated wire on the Console (4).

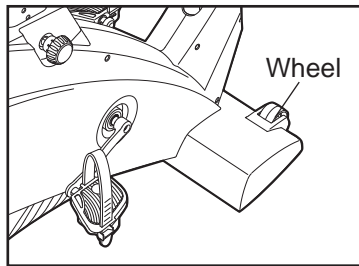
Reattach the access door. **Make sure that no wires are pinched.** Note: The other wires included with the chest pulse sensor may be discarded.



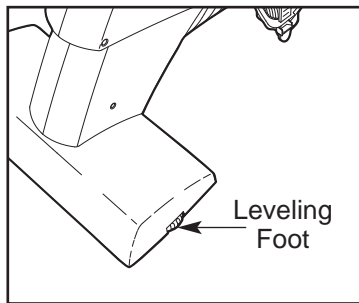
HOW TO OPERATE THE EXERCISE CYCLE

HOW TO MOVE AND LEVEL THE EXERCISE CYCLE

Stand in front of the exercise cycle, hold the handlebars firmly, and place your foot against one of the wheels. Tip the exercise cycle until it can be moved on the wheels. Carefully move the exercise cycle to the desired location and then lower it. **Due to the weight of the exercise cycle, use extreme caution while moving it.**

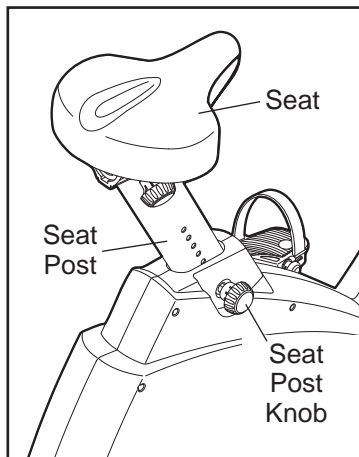


If the exercise cycle rocks slightly on your floor during use, turn the leveling feet under the rear stabilizer until the rocking motion is eliminated.



HOW TO ADJUST THE SEAT POST

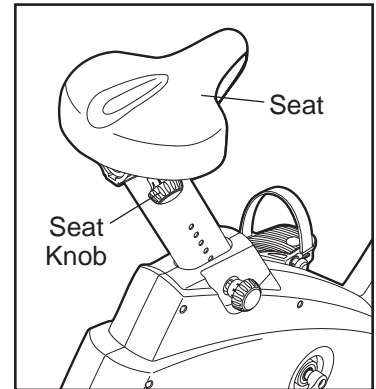
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the seat post knob counterclockwise two or three turns



to loosen it (if the knob is not loosened enough, it may scratch the seat post). Next, pull the knob, slide the seat post to the desired height, and then release the knob. **Move the seat post up and down slightly until the pin on the knob snaps into one of the holes in the seat post.** Then, turn the knob clockwise until it is tight.

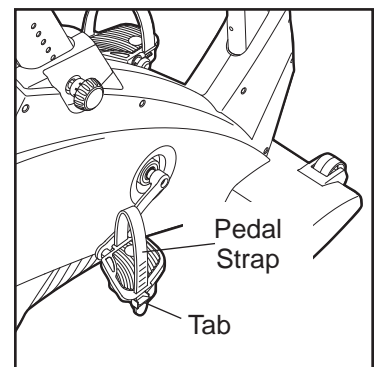
HOW TO ADJUST THE SEAT

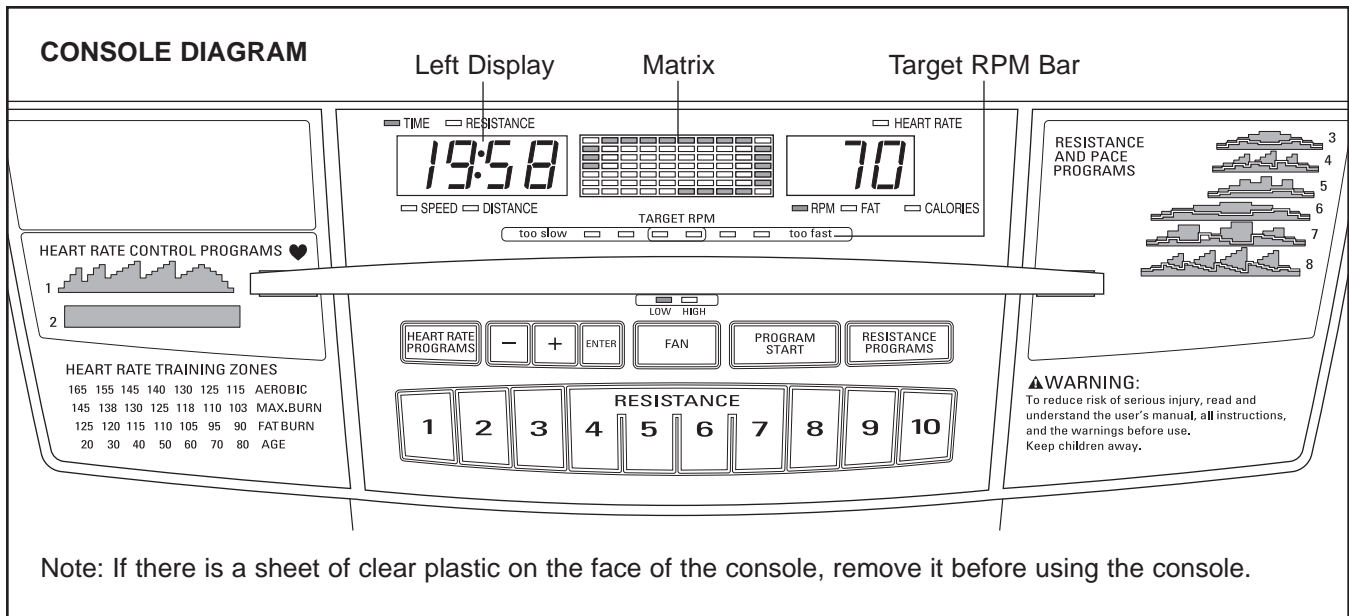
The seat can be adjusted to the position that is the most comfortable for you. **Before adjusting the seat, dismount the exercise cycle; do not adjust the seat while you are sitting on it.** To adjust the seat, first turn the seat knob counterclockwise two or three turns to loosen it. Slide the seat forward or backward to the desired position, and then firmly tighten the seat knob.



HOW TO ADJUST THE PEDAL STRAPS

The pedal straps can be adjusted to the position that is the most comfortable for you. Press the tabs on the pedals, adjust the straps to the desired position, and then release the tabs.





FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the pedals can be changed with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor.

The console also offers six resistance and pace programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pace as it guides you through an effective workout.

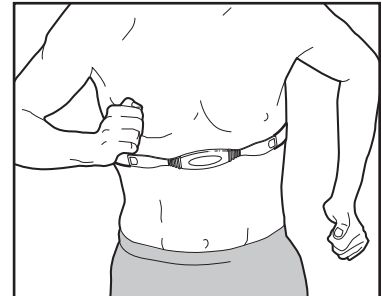
In addition, the console features two heart rate programs that automatically change the resistance of the

pedals and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts.

To purchase the optional chest pulse sensor, call the toll-free telephone number on the front cover of this manual.



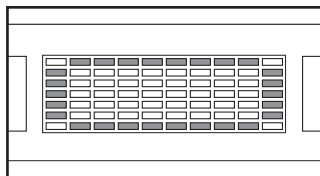
HOW TO USE THE MANUAL MODE

1 Begin pedaling to activate the console.

The exercise cycle requires no batteries or external power source. Power is supplied by a generator as you pedal. To activate the console, begin pedaling at a speed of about 3 miles per hour or faster. After a few seconds, the console displays will light. A tone will then sound and the console will be ready for use.

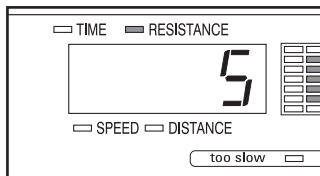
2 Select the manual mode.

When the power is turned on, the manual mode will be selected. If you have selected a program, select the manual mode by pressing the Heart Rate Programs button repeatedly until a track appears in the matrix.



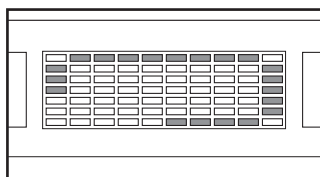
3 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance buttons. There are ten resistance levels. Note: After the Resistance buttons are pressed, it will take a moment for the pedals to reach the selected resistance level.



4 Monitor your progress with the matrix and the displays.

The matrix— When the manual mode is selected, the matrix will show a track representing 1/4 mile. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



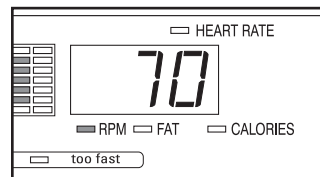
The left display—

The left display will show the elapsed time, the resistance level, your pedaling speed, and the distance you have pedaled. The display will change from one number to the next every few seconds, as shown by the indicators around the display. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time. Each time the resistance of the pedals changes, the display will show the resistance level.



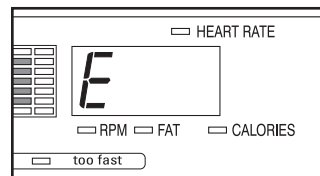
The right display—

The right display will show your pedaling pace (in revolutions per minute [RPM]) and the approximate numbers of *fat calories* and *calories* you have burned (see FAT BURNING on page 16). The display will change from one number to the next every few seconds, as shown by the indicators. The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor. Note: When a heart rate program is selected, the display will show only your heart rate.



Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, you must select the console's user mode.

Hold down the Resistance Programs button for about five seconds. The letter "E" for English miles or the letter "M" for metric kilometers will appear in the right display. To change the unit of measurement, press the + button. The left display will show the total distance pedaled. To exit the user mode, press the Resistance Programs button again.

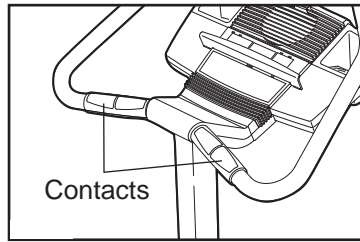


5 Measure your heart rate if desired.

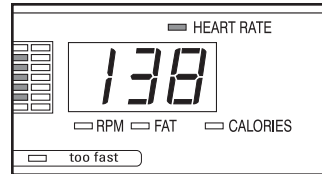
Note: If you hold the handgrip pulse sensor and wear the optional chest pulse sensor at the same time, the console will not display your heart rate accurately.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To

measure your heart rate, hold the handgrip pulse sensor with your palms resting on the contacts. Avoid moving your hands.



When your pulse is detected, the Heart Rate indicator above the right display will light, one or two dashes (—) will appear in the right display, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.



Note: If you continue to hold the pulse sensor, the right display will show your heart rate for up to 30

seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals.**

6 Turn on the fan if desired.

To turn on the fan at low speed, press the Fan button. Pivot the fan to the desired angle. To turn on the fan at high speed, press the Fan button a second time. To turn off the fan, press the Fan button a third time.

7 When you are finished exercising, the console will automatically turn off.

If the pedals are not moved for several seconds, a tone will sound, the console will pause, and the left display will begin to flash.

If the pedals are not moved for about one minute, the console will turn off, but the displays will not be reset. If the pedals are not moved for about five minutes, the console will turn off and the displays will be reset.

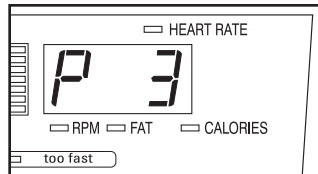
HOW TO USE A RESISTANCE AND PACE PROGRAM

1 Begin pedaling to activate the console.

See step 1 on page 10.

2 Select one of the six resistance and pace programs.

To select a resistance and pace program, press the Resistance Programs button repeatedly until "P 3," "P 4," "P 5," "P 6," "P 7," or "P 8" appears in the right display.

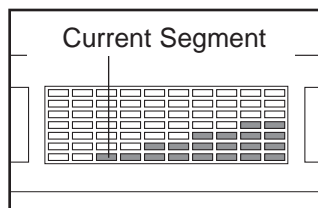


When a resistance and pace program is selected, a profile of the resistance settings of the program will scroll across the matrix. The left display will show the highest resistance level of the program for a few seconds, and then it will show how long the program will last.

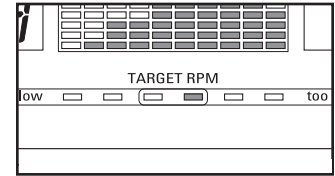
3 Press the Program Start button or begin pedaling to start the program.

Each program is divided into either 20 or 30 one-minute segments. One resistance setting and one pace setting are programmed for each segment. Note: The same resistance setting and/or pace setting may be programmed for two or more consecutive segments.

The resistance setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The pace settings are not shown in the matrix.) The resistance settings for the next several segments will be shown in the columns to the right.



As you exercise, the Target RPM bar will help you to keep your pedaling pace near the pace setting for the current segment.



When one of the "too slow" indicators lights, increase your pace. When one of the "too fast" indicators lights, decrease your pace. When one of the center indicators lights, maintain your current pace. **Important: The pace settings are intended only to provide motivation. Your actual pace may be slower than the current pace setting. Make sure to exercise at a pace that is comfortable for you.**

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all resistance settings will move one column to the left*. The resistance setting for the second segment will then be shown in the flashing Current Segment column and the resistance of the pedals will automatically change to the resistance setting for the second segment.

Note: If all of the indicators in the Current Segment column are lit after the resistance settings have moved to the left, *the resistance settings will move downward so only the highest indicators appear in the matrix*.

The program will continue until the resistance setting for the last segment is shown in the Current Segment column and no time remains in the program.

Note: During the program, you can override the resistance setting for the current segment, if desired, with the Resistance buttons. However, when the next segment begins, the resistance will automatically change if a different resistance setting is programmed for the next segment. If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

4 Monitor your progress with the displays.

See step 4 on page 10.

5 Measure your heart rate if desired.

See step 5 on page 11.

6 Turn on the fan if desired.

See step 6 on page 11.

7 When the program is finished, the console will automatically turn off.

See step 7 on page 11.

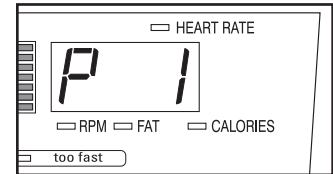
HOW TO USE A HEART RATE PROGRAM

1 Begin pedaling to activate the console.

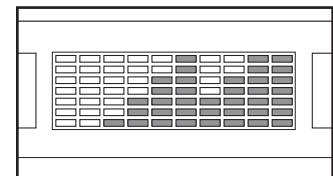
See step 1 on page 10.

2 Select one of the heart rate programs.

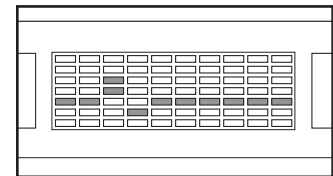
To select a heart rate program, press the Heart Rate Programs button repeatedly until “P 1” or “P 2” appears in the right display.



If the first heart rate program is selected, a profile of the target heart rate settings of the program will scroll across the matrix.

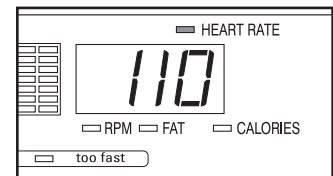


If the second heart rate program is selected, a graphic representing your heartbeat will appear in the matrix. Each time a heartbeat is detected while you are using the handgrip pulse sensor or the optional chest pulse sensor, a peak will appear in the graphic.



3 Enter a target heart rate setting.

If the first heart rate program is selected, the maximum target heart rate setting of the program will flash in the right display, followed by the letters “PLS.” If desired, press the + or – button to change the maximum target heart rate setting (**see EXERCISE INTENSITY on page 16**). Then, press the Enter button. If you change the maximum target heart rate setting, the intensity level of the entire program will change.



If the second heart rate program is selected, the target heart rate setting for the entire program will flash in the right display, followed by the letters "PLS." If desired, press the + or – button to change the target heart rate setting (see **EXERCISE INTENSITY on page 16**). Then, press the Enter button.

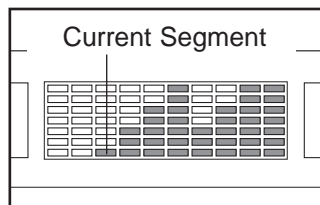
4 Hold the handgrip pulse sensor.

To use a heart rate program, you must use the handgrip pulse sensor or the optional chest pulse sensor. If you use the handgrip pulse sensor, it is not necessary to hold the handgrip pulse sensor continuously during the program; however, you should hold the handgrip pulse sensor frequently for the program to function properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters "PLS" will appear in the right display instead of your heart rate.

5 Press the Program Start button or begin pedaling to start the program.

The first heart rate program is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

The target heart rate setting for the first segment will be shown in the flashing Current Segment column of the matrix. The target heart rate settings for the next several segments will be shown in the columns to the right.

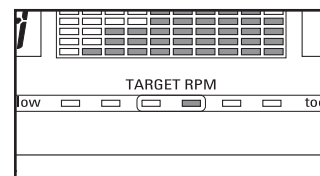


When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all target heart rate settings will move one column to the left*. The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

The second heart rate program is divided into 40 one-minute segments. The same target heart rate setting is programmed for all segments. Note: For a shorter workout, stop exercising or select a different program before the program ends.

During both heart rate programs, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

After the first minute of the program, the Target RPM bar will prompt you to maintain a constant pedaling pace.



When one of the "too slow" arrows lights, increase your pace. When one of the "too fast" indicators lights, decrease your pace. When one of the center indicators lights, maintain your current pace. **Important: The Target RPM bar is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**

Note: During the program, you can manually override the resistance setting, if desired, by pressing the Resistance buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

6 Monitor your progress with the displays.

See step 4 on page 10.

7 Turn on the fan if desired.

See step 6 on page 11.

8 When the program is finished, the console will automatically turn off.

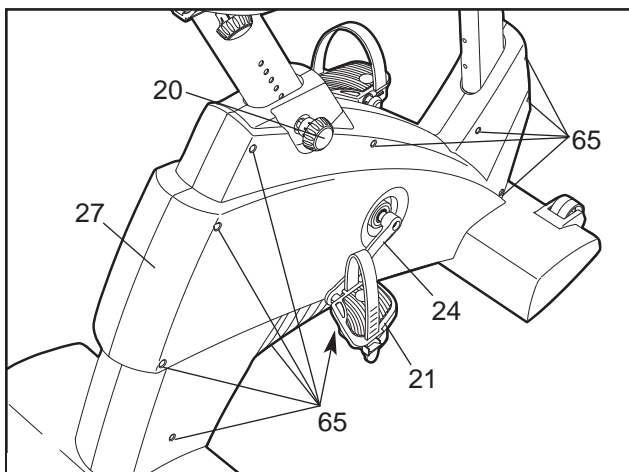
See step 7 on page 11.

MAINTENANCE AND TROUBLESHOOTING

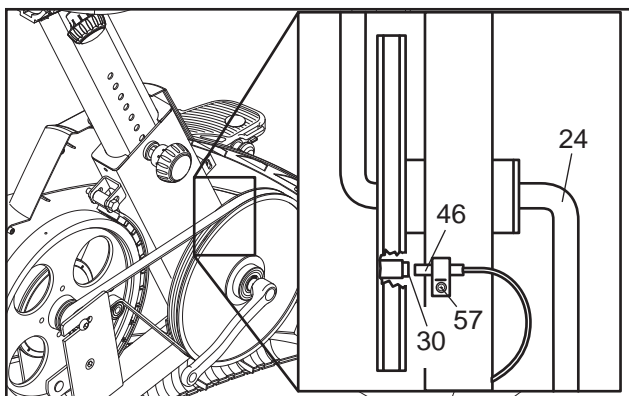
Inspect and properly tighten all parts of the exercise cycle regularly. To clean the exercise cycle, use a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the Right Side Shield (27) must be removed. Using an adjustable wrench, turn the Right Pedal (21) counterclockwise and remove it. Next, remove the Seat Post Knob (20). Next, remove the M4 x 25mm Screws (65). Turn the Right Crank Arm (24) so it is pointing toward the front of the exercise cycle and then slide off the Right Side Shield.



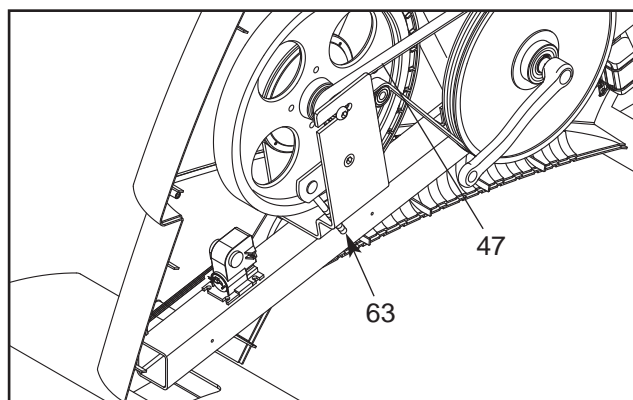
Next, locate the Reed Switch (46). Turn the Right Crank Arm (24) until the Magnet (30) is aligned with the Reed Switch. Loosen, but do not remove, the indicated Screw (57). Slide the Reed Switch slightly closer to or away from the Magnet. Then, retighten the Screw.



Turn the right crank arm for a moment. Repeat until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the right side shield, the seat post knob, and the right pedal.

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the Drive Belt (47) may need to be adjusted. To adjust the Drive Belt, first remove both side shields (see HOW TO ADJUST THE REED SWITCH at the left).



Next, turn the indicated M8 Nylon Locknut (63) until the Drive Belt (47) is properly tightened. Then, reattach the side shields.

PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings. Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—**never use alcohol, abrasives, or chemicals.**

EXERCISE GUIDELINES

WARNING:




Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age; the three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; and the highest number is the heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number or the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

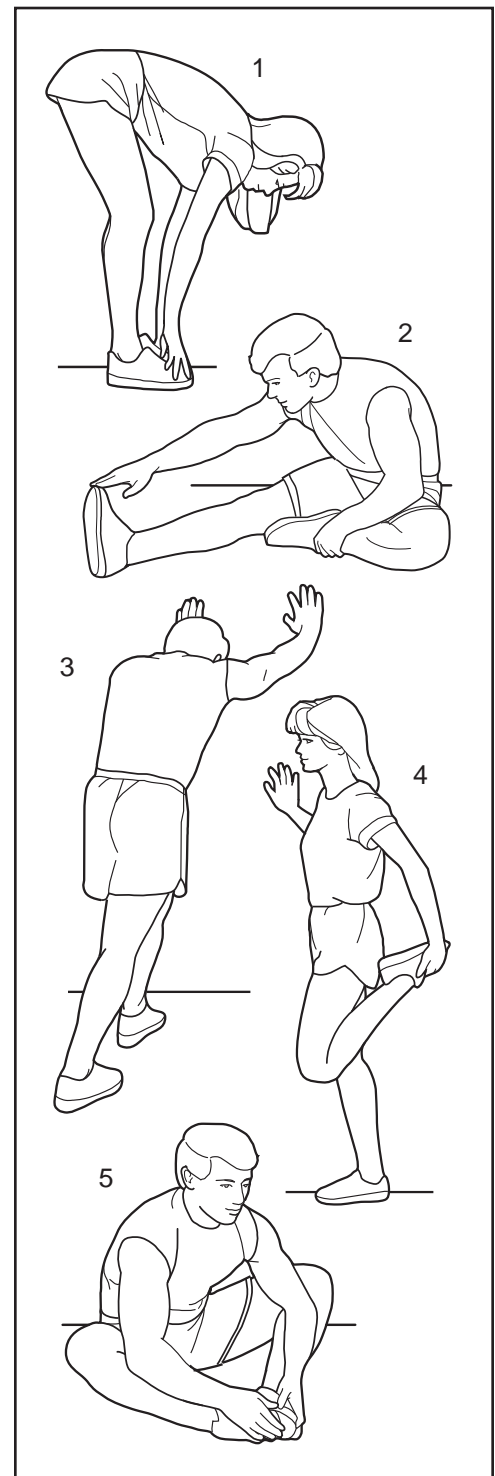
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. EPEX3905.0

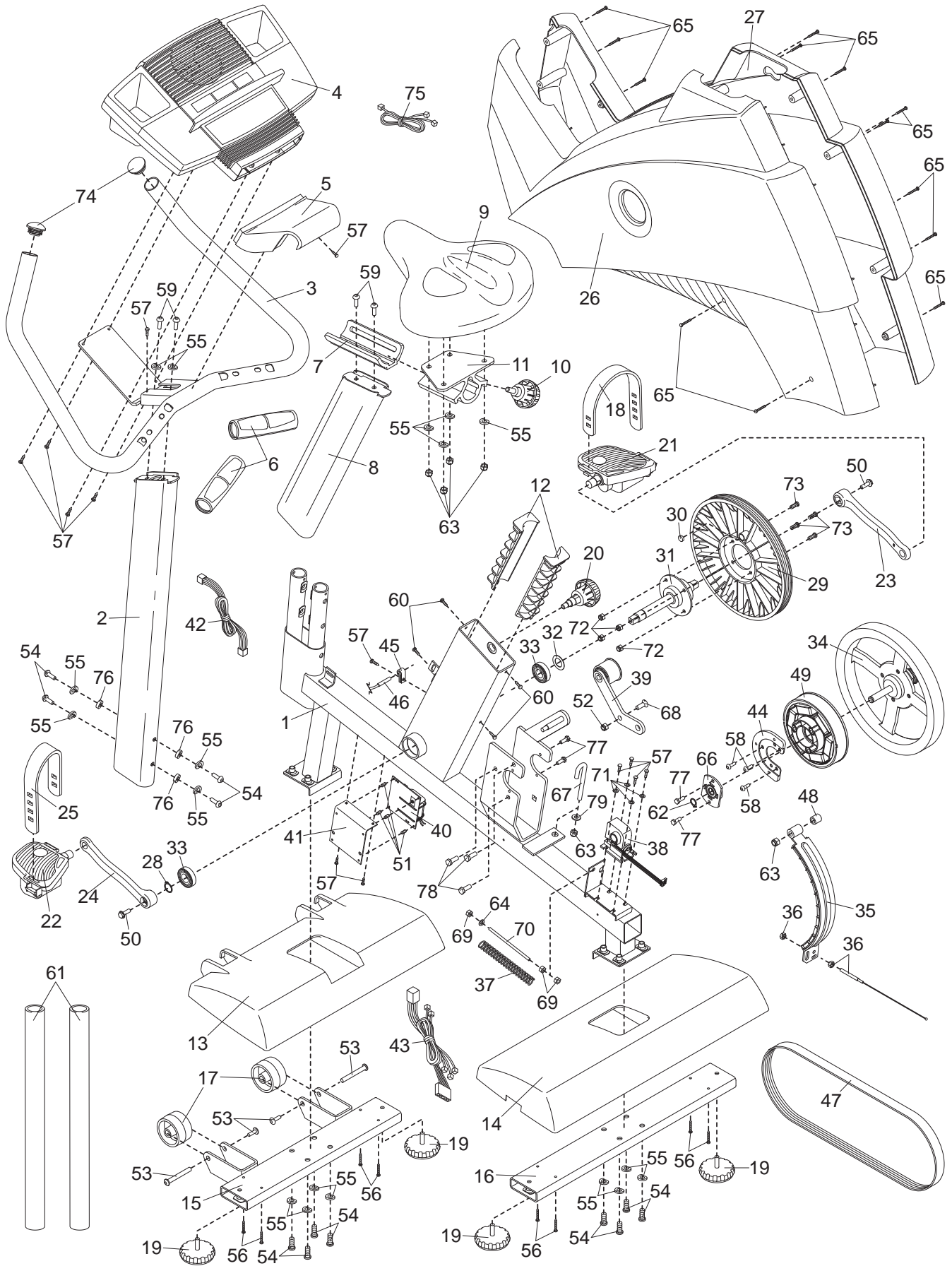
R1005A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	42	1	Upper Wire Harness
2	1	Upright	43	1	Lower Wire Harness
3	1	Handlebar	44	1	"C" Mount
4	1	Console	45	1	Clamp
5	1	Handlebar Cover	46	1	Reed Switch/Wire
6	2	Pulse Sensor	47	1	Drive Belt
7	1	Seat Bracket	48	1	"C" Magnet Spacer
8	1	Seat Post	49	1	Generator
9	1	Seat	50	2	Flange Screw
10	1	Seat Knob	51	4	Stand-off
11	1	Seat Carriage	52	1	M10 Nylon Locknut
12	2	Seat Bushing	53	2	Bolt Set
13	1	Front Stabilizer Cover	54	12	M8 x 40mm Button Screw
14	1	Rear Stabilizer Cover	55	18	M8 Split Washer
15	1	Front Stabilizer	56	8	M4 x 38mm Screw
16	1	Rear Stabilizer	57	13	M4 x 16mm Screw
17	2	Wheel	58	3	5/16" x 12mm Button Screw
18	1	Right Pedal Strap	59	4	M8 x 25mm Patch Screw
19	4	Leveling Foot	60	4	M5 x 12mm Screw
20	1	Seat Post Knob	61	2	Handgrip
21	1	Right Pedal	62	1	Small Snap Ring
22	1	Left Pedal	63	7	M8 Nylon Locknut
23	1	Right Crank Arm	64	1	Alignment Washer
24	1	Left Crank Arm	65	13	M4 x 25mm Screw
25	1	Left Pedal Strap	66	1	Pillow Block
26	1	Left Side Shield	67	1	"J" Bolt
27	1	Right Side Shield	68	1	M10 x 20mm Tapered Bolt
28	1	Snap Ring	69	3	M5 Nut
29	1	Pulley	70	1	Alignment Rod
30	1	Magnet	71	4	M5 Washer
31	1	Crank Assembly	72	4	M6 Nylon Locknut
32	1	Thrust Washer	73	4	M6 x 20mm Bolt
33	2	Crank Bearing	74	2	Handlebar Endcap
34	1	Flywheel	75	1	Pulse Wire
35	1	"C" Magnet	76	3	Upright Spacer
36	1	Resistance Cable Set	77	4	Pillow Block Screw
37	1	Spring	78	3	Mount Screw
38	1	Resistance Motor	79	1	M10 Washer
39	1	Idler Arm	#	1	Allen Wrench
40	1	Control Board	#	1	User's Manual
41	1	Control Bracket			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. EPEX3905.0

R1005A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information when calling:

- the MODEL NUMBER of the product (EPEX3905.0)
- the NAME of the product (EPIC 300 U exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 18 and 19)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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